

**IMPLEMENTATION OF EARLY BREASTFEEDING INITIATION ON THE
HYPOTHERMIA PREVENTION PROCESS IN NEWBORNS AT CLINIC
PRATAMA SHAQI SLEMAN YOGYAKARTA**

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Latar Belakang : Inisiasi Menyusui Dini (IMD) adalah proses pemberian ASI kepada bayi dalam waktu 1 jam setelah bayi lahir (WHO, 2018). Inisiasi Menyusui Dini (IMD) dapat mengurangi Angka Kematian Bayi (AKI) akibat hipotermia (penurunan suhu tubuh). Prevalensi persentase implementasi Inisiasi Menyusui Dini (IMD) di dunia, menurut UNICEF, kurang dari setengah bayi baru lahir, yaitu 47%, diberi ASI dalam waktu 1 jam setelah lahir. Sementara itu, prevalensi implementasi Inisiasi Menyusui Dini (IMD) di Indonesia belum sepenuhnya mencapai target yang ditetapkan. Pada tahun 2020, target cakupan IMD di Indonesia adalah 54%.

Tujuan: Untuk mengetahui gambaran umum implementasi inisiasi ASI dini pada proses pencegahan hipotermia pada bayi baru lahir di Klinik Primer Shaqi Sleman Yogyakarta pada tahun 2023.

Metode : Metode yang digunakan dalam penelitian ini adalah desain penelitian deskriptif kuantitatif lintas bagian dengan pendekatan Analisis Data Sekunder (ADS). Metode pengambilan sampel adalah pengambilan sampel total sebanyak 106 data.

Hasil : Studi ini menunjukkan bahwa inisiasi ASI dini dapat mencegah hipotermia pada bayi baru lahir berdasarkan jenis kelamin 62 perempuan (58,5%) dan 44 laki-laki (41,5%). Pada usia <3 tahun terdapat 99 orang (93,4%) dan >5 tahun terdapat 7 orang (6,6%). Pada suhu tubuh 36,5°C – 37,5°C terdapat 106 orang (100%), hipotermia <35°C (0%) dan hipertermia >37,5°C (0%). Pada pembagian hipotermia, 106 orang (100%) tidak mengalami hipotermia, 0 orang (0%) mengalami hipotermia ringan, 0 orang (0%) mengalami hipotermia sedang dan 0 orang (0%) mengalami hipotermia berat. Pada pemberian kolostrum, semua bayi diberi kolostrum sebanyak 106 orang (100%) dan tidak diberi kolostrum sebanyak 0 orang (0%).

Kesimpulan : Pemberian ASI dini (IMD) dapat mempengaruhi suhu tubuh bayi baru lahir sehingga di Klinik Primer Shaqi tidak ada bayi yang mengalami hipotermia.

Kata kunci : Inisiasi Menyusui Dini (IMD), Hipotermia, Bayi Baru Lahir.

ABSTRACT

Background: Early Breastfeeding Initiation (IMD) is the process of breastfeeding babies within 1 hour after the baby is born (WHO, 2018). Early Breastfeeding Initiation (IMD) can reduce the Infant Mortality Rate (AKB) caused by hypothermia (decrease in body temperature). According to UNICEF, the prevalence of Early Breastfeeding Initiation (EBI) implementation worldwide is less than half, with 47% of newborns being breastfed within 1 hour of birth. Meanwhile, the prevalence of implementing Early Breastfeeding Initiation (EBI) in Indonesia has not yet reached the set target. In 2020, the target of IMD coverage in Indonesia is 54%.

Objective: To find out the overview of the implementation of early breastfeeding initiation on the hypothermia prevention process in newborns at the Shaqi Sleman Primary Clinic, Yogyakarta, in 2023.

Research Method: The method used in this study is a quantitative descriptive cross-sectional research design with a Secondary Data Analysis (ADS) approach. The sample method involves a total of 106 data points.

Research Results: This study shows that early initiation of breastfeeding can prevent hypothermia in newborns, based on the sex of 62 females (58.5%) and 44 males (41.5%). In the <3 99 (93,4%) dan >5 it was 7 people (6.6%). At a body temperature of 36.5°C – 37.5°C, 106 people (100%) had hypothermia <35°C (0%) dan hipertemi >37.5°C (0%). In the division of hypothermia, 106 people (100%) were not hypothermic, 0 people (0%) had mild hypothermia, 0 people (0%) had moderate hypothermia, and 0 people (0%) had severe hypothermia. In the administration of colostrum, all babies were given colostrum 106 people, 100%), and non-colostrum was 0 people (0%).

Conclusion: Early initiation of breastfeeding (IMD) can affect the body temperature of newborns, so that in newborns at the Shaqi Primary Clinic, there are no babies who have hypothermia.

Keywords: Early Breastfeeding Initiation (IMD), Hypothermia, Newborn.

LATAR BELAKANG

Infant mortality is one of the important indicators in defining the health status of a community. Newborns are very vulnerable to the environmental conditions in which they live, which are closely related to the social status of the baby's parents. In 2018, the Infant Mortality Rate (IMR) in the world was 29 per 1000 live births. Meanwhile, in Indonesia, the IMR (IMR) is 21 per 1000 live births (WHO, 2018). This figure still does not meet the target stated in the 2030 SDGs. The 2030 SDGs target IMR at 12 per 1000 live births (UNICEF, 2020).

One of the efforts made to reduce the Infant Mortality Rate (IMR) is by implementing Early Initiation of Breastfeeding (EIB). The World Health Organization (WHO) recommends implementing Early Initiation of Breastfeeding (EIB). Early Initiation of Breastfeeding (IMD) is the process of providing breast milk to babies within 1 hour after the baby is born (WHO, 2018). The implementation of Early Initiation of Breastfeeding (IMD) is closely related to providing exclusive breastfeeding to babies. Babies who do Early Initiation of Breastfeeding (IMD) have the potential to get exclusive breastfeeding by 66%. This is also in line with the WHO statement, which explains that the Early Initiation of Breastfeeding (IMD) process increases the possibility of babies breastfeeding exclusively for 1-4 months after the baby is born (WHO, 2019). Early Initiation of Breastfeeding (IMD) can reduce the Infant Mortality Rate (IMR) caused by hypothermia (decreased body temperature). Direct skin-to-skin contact between mother and baby can help regulate the body temperature of the newborn and allow the baby to be exposed to good bacteria from the mother's skin, which can provide protection from disease and help build the baby's immune system. In the first few days of birth, breast milk contains colostrum, which is rich in white blood cells and antibodies, especially Immunoglobulin A, a higher percentage of protein content, minerals, and fat-soluble vitamins (A, E, and K) than the content of subsequent milk.

Colostrum can act as a child's first "vaccine" and can protect against various diseases (WHO, 2019).

The prevalence percentage of implementation of Early Initiation of Breastfeeding (IMD) in the world, according to UNICEF, is less than half of newborns 47% are breastfed within 1 hour of birth. This causes too many newborns to wait too long to make important contact with their mothers. So that the prevalence of Early Initiation of Breastfeeding in Eastern Europe and Central Asia 72% is almost 2 times higher than in South Asia 39% and East Asia and the Pacific, 41%, giving anything other than breast milk to newborns has the potential to delay their first contact with their mothers and complicate the Early Initiation of Breastfeeding process. (UNICEF, 2023). Based on the problems above, researchers are interested in researching "Overview of the Implementation of Early Initiation of Breastfeeding on the Process of Preventing Hypothermia in Newborns at the Shaqi Sleman Yogyakarta Primary Clinic".

METHODS

The method used in this study is a quantitative descriptive cross-sectional design with a Secondary Data Analysis (ADS) approach. Secondary data is data obtained from documents, publications, in essence, data obtained in finished form, and does not require a measurement process. While the quantitative research method is a method used to answer research problems related to data in the form of numbers and programs that are numeric and can be calculated systematically. (Adiputra et al., 2021). So, the method used in this study is a quantitative descriptive cross-sectional research design with a Secondary Data Analysis (ADS) approach. The population in this study was all newborns born at the Shaqi Sleman Yogyakarta Primary Clinic in 2023, with a total of 106 babies who underwent Early Breastfeeding Initiation (IMD). This study uses the total sampling method, making the sample in this study all objects, namely newborns born at the Shaqi Sleman Yogyakarta Primary Clinic in 2023, with a

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total of 106 babies who underwent Early Breastfeeding Initiation (IMD).

RESULTS

- a. Ea. Early Breastfeeding Initiation Incidents at the Shaqi Sleman Yogyakarta Primary Clinic in 2023 amounted to 106 data, based on the classification of the sex of the newborn baby can be seen in the table below: Table 1. Distribution of Frequency of Early Breastfeeding Initiation in BBL based on gender classification. Based on Table 1, it shows that of the 106 newborn babies who underwent Early Breastfeeding Initiation, the majority were female, with a total of 58.49% of babies, and a small number

No.	Karakteristik Jenis Kelamin	Frekuensi	%
1	Man	44	41,51
2	Woman	62	58,49
	Amount	106	100

were male, namely 44 people (41.51%).

- b. Early Breastfeeding Initiation Incidents at the Shaqi Sleman Yogyakarta Primary Clinic in 2023 amounted to 106 cases, based on the classification of which newborn babies can be seen in the table below: Table 2. Distribution of Frequency of Early Breastfeeding Initiation in Newborns based on Child Classification

No	Characteristics of the Third Child	Frequency	%
1	child<3	99	93,4
2	child >5	7	6,604
	Amount	106	100

Based on Table 2, it shows that of the 106 newborns who underwent Early Breastfeeding Initiation, the majority were children <3 With a total of 99 babies (93.4%) and a small number of children >5, namely 7 people (6.604%).

- c. Early Breastfeeding Initiation Incidents at the Shaqi Sleman Yogyakarta Primary Clinic in 2023 totaled 106 cases, based on the classification of newborn body

temperature, can be seen in the table below. Table 3. Distribution of Frequency of Early Breastfeeding Initiation in Newborns Based on Body Temperature Classification

No	Body Temperature Characteristics	Frequency	%
1	Suhu <35°C	0	0
2	Suhu 36,5°C– 37,5°C	106	100,00
3	Suhu >37,5°C	0	0
	Amount	106	100

Based on Table 3, it shows that of the 106 newborns who underwent Early Breastfeeding Initiation, all of the babies had normal temperatures, namely 106 people (100.00%) with a temperature of 36.5°C–37.5°C, with a temperature of <35.

- d. Early Breastfeeding Initiation Incidents at the Shaqi Sleman Yogyakarta Primary Clinic in 2023 amounted to 106 cases, based on the classification of newborn hypothermia grouping, can be seen in the table below:

Table 4: Frequency Distribution of Early Breastfeeding Initiation in Newborns Based on Hypothermia Classification

No	Characteristics of Hypothermia	Frequency	%
1	Tidak Hipotermi	106	100,00
2	Hipotermi Sedang	0	0
3	Hipotermi Ringan	0	0
4	Hipotermi Berat	0	0
	Amount	106	100

Early Breastfeeding Initiation Incidents at the Shaqi Sleman Yogyakarta Primary Clinic in 2023 totaled 106 cases, based on the classification of colostrum administration for newborns, which can be seen in the table below:

Table 5: Distribution of Frequency of Early Breastfeeding Initiation in Newborns based on Colostrum Classification

- e. Rarely, Breastfeeding Initiation Incidents at the Shaqi Sleman Yogyakarta Primary Clinic in 2023 amounted to 106 cases,

based on the classification of colostrum administration for newborns, can be seen in the table below:

Table 5: Frequency Distribution of Early Breastfeeding Initiation in Newborns Based on Colostrum Classification

No	Characteristics of Colostrum	Frequency	%
1	Tidak Kolostrum	0	0
2	Kolostrum	106	100,00
	Amount	106	100

Table 5 shows that of the 106 newborn babies who underwent Early Breastfeeding Initiation, all 106 babies (100.00%) were given colostrum, and 0 babies (0%) were not given colostrum.

DISCUSSION

In line with research conducted by Ningsih (2021), the results show that the prevalence of IMD between male and female babies is almost similar, with a percentage of 59.1% for female babies and 58.9% for male babies. Based on this study, it was concluded that there was no significant difference in the incidence of IMD (Early Breastfeeding Initiation) in newborns. However, it is important to ensure that all babies, regardless of gender, should get IMD because of its great health benefits.

Gender in newborns, no significant differences were found in the incidence of Early Initiation of Breastfeeding. However, regardless of gender, babies get the opportunity to do IMD because of its great health benefits, considering the success factors of IMD, where the health conditions of the mother and baby, knowledge and attitudes of health workers, and facilities available at the place of delivery are needed. (WHO, 2018).

In line with the research of Saifuddin Bari (2019), the incidence of early initiation of breastfeeding (IMD) can be influenced by the birth order of the baby. Mothers who give birth to their first child have higher levels of anxiety and less experience in breastfeeding, which can affect the success of IMD. While in mothers who give birth to their second child and so on, they already have experience

giving birth and breastfeeding, so they tend to be more confident and skilled, which can increase the success of IMD. However, with adequate support and information, IMD can still be successful. In line with the research of Hafizha Hayyu (2022), showed that the effect of increasing body temperature due to IMD can be calculated after 1 hour of birth, the average heat loss of IMD temperature is 0.7 ° C, while the heat loss of non-IMD conduction is 0.9 ° C. It was found that 23 newborns at the Dungaliyo Gorontalo Health Center experienced an average increase in body temperature of 0.6 ° C after Early Breastfeeding Initiation, with a temperature before IMD of 36.2 ° C and after IMD of 36.8 ° C. The results of the study were in accordance with several previous studies, including the research of Indah Dewi Sari (2020), conducted at the Sehati Medan Clinic in September 2019-February 2020, with a sample of 20 newborns showing that babies who had not initiated early breastfeeding (IMD) experienced hypothermia and after early breastfeeding initiation (IMD) the baby had a stable temperature.

In line with the research conducted by Putri Winasari et al (2023) The results of the study on 14 newborns showed that all newborns before early initiation of breastfeeding (IMD) experienced hypothermia. Of the 14 newborns, the average body temperature was 34.5°C, the lowest temperature was 31.9°C, and the highest temperature was 36.0°C. Researchers found 14 babies with hypothermia, mild hypothermia body temperature 35.5-36.4°C, as many as 2 babies, moderate hypothermia 32-35.4°C, as many as 11 babies, and severe hypothermia <32°C, as many as 1 baby.

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